



US Army Corps  
of Engineers  
St. Louis District

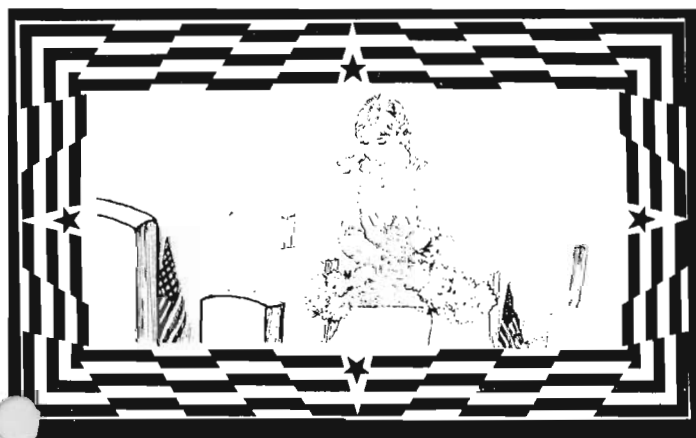
# Information Bulletin

Vol. 19

No. 5

May 1982

31 MAY  
MEMORIAL DAY  
REMEMBER AND HONOR THOSE  
WHO DIED FOR OUR FREEDOM



## DISTRICT DOINGS

The big news in April was the barge accident at L&D 26 on Thursday night, April 29. Two barges containing benzene, a highly flammable and toxic chemical, broke loose and struck the upstream side of the dam. One barge partially sunk against the dam. For two days Clyde Wilkes, PAO, kept the local press at bay doing television and radio interviews and supplying answers to a million questions.

### LAKE SHELBYVILLE . . .

Spring has finally sprung, we hope, and two Corps recreation areas opened at Lake Shelbyville April 1st, "Bo" Wood Recreation Area and Lithia Springs Recreation Area. With warmer weather comes more tours and talks by our lake people.

Al Lookofsky spoke to Lakeland College Annual Deans, Counselors and Principals meeting in Mattoon, Ill., about the 4th annual environmental education workshop.

Dennis Gathmann spoke to the Lakeland College monthly superintendents meeting, Mattoon, Ill. about same subject. Dennis also went to Chicago to talk to Environmentally Concerned Photographers about Okaw Bluff Environmental Learning Center.

Don Brown went to Moulton Jr. High at Shelbyville to speak to 120 6th graders about "Snakes: Friend or Foe," and to Windsor, Illinois, Grade School to tell the first graders about snakes.

A Recreation Resource Management class from Illinois State University at Normal, Ill., was treated to briefings and tours by Mike Skinner and Al Lookofsky.

Larry Gutzler talked to the grade school Cub Scouts at St. Elmo, Illinois, about snakes, led a spring nature discovery walk for 17 from the Sullivan, Ill. Latchkey Program, and went to Allerton Park, Ill. 4-H Open House to give the program "Snakes, Friend or Foe."



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OF AR 360-81**

## DISTRICT DOINGS (Continued)

### CANNON DAM AND MARK TWAIN LAKE . . .

At Mark Twain Lake Ray Behrens Recreation Area opened for its fourth season.

Learning Tree Pre-School was presented the program "A Man in the Woods" by Park Aid Tricia Holdman. She also presented the snake program. She and Shellie Bassett staffed an exhibit for the Hannibal Scout Show. Woodsy Owl made several appearances. Shellie Bassett also presented "This is Our Ecosystem" to Monroe City Head Start.

**Soil Conservation Started** — Of the 7,072 acres of Agricultural Leases; 855 are being prepared for contour farming and other soil conservation practices by Park Technician Terry Schaefer.

**#1 Priority Almost Completed** — Park Technicians should be commended for their efforts in assigning Clarence Cannon Dam and Mark Twain Lake boundaries. The effort was started October 1981 and has continued throughout the winter with only a few days missed due to weather; over 90% of the boundary is completed.

### CARLYLE LAKE . . .

Chris Cascone was a busy man. He spent a day with the Belleville area 6th graders teaching them environmental games and giving a tour of the project; presented an evening program about local birds of prey to the Methodist Church at Beckemeyer; and hosted a visit to Carlyle Lake by Carlyle Brownies and St. Rose 1st graders.

The Carlyle Lake Visitor Center was the site of a seminar presented by the U.S. Army Flight Service Medical Team from Scott AFB (doctors and other medical personnel). Approximately 50 people attended, representing area hospitals, ambulance services, fire and police depts., reps from Clinton County Sheriff's Department, Ill. State Police, Emergency Services and Disaster Agency, Centralia Correctional Center and Illinois Secretary of State's office.



### REND LAKE . . .

The 1982 Keep America Beautiful Week celebration at Rend Lake was a rousing success with more than 200 local scouts and school children participating in the shoreline and picnic area clean-up. Everything from old trout line jugs to handfuls of aluminum can flip tops were collected. All the groups received Woodsy Owl patches and litter bags and vowed to use **them**, not the car window, as a waste receptacle. Park Technician Joan Guilfoyle-Basman led the week-long activities. Joan also spoke with girl scouts concerning careers for women in the Corps of Engineers. Lake Manager, Phil Jenkins, was interviewed on KVS-TV-12 Cape Girardeau, on the status of the law enforcement contract for the 1982 season.

### DISTRICT OFFICE . . .

As usual the District Office was very busy on the speaking circuit. Claude Strauser spoke to the S.A.M.E. at the Engineer's Club about his trip to China.

John Brady attended a poster session at the North American Wildlife and Natural Resources Conference in Portland, Ore. The subject was "Recovery Efforts for the Indiana Bat and Gray Bat."

Colonel Dacey spoke to several groups, gave an update briefing to the members of the Cannon Dam Association with 250 in attendance; spoke at the joint luncheon meeting of the St. Louis Section ASCE and MSPE — about the Cannon flood. He also gave his "support to the Army" talk. And he talked about L&D 26 to the Circle Club at Westborough Country Club.

The Chairman of the House Appropriations Subcommittee on Energy and Water Development, other members of the sub-committee and Congressional staff, Generals Heiberg and Read toured Locks 27 and 26 and 26(R).

Terry Norris was his usual talkative self. Terry spoke to the Missouri Association of Professional Archaeologists in Eminence, Missouri. The topic was "St. Louis District Archives — an Untapped Resource." Terry also spoke to St. Louis Antique Arms Association on "Archaeology of Metro St. Louis;" to Delta Zeta Sorority about "Archaeology of Metro St. Louis;" and to Chesterfield Kiwanis about "Archaeological Progress of the St. Louis District."

Bill Sutton spoke to the Student Chapter ASCE — University of Missouri at Columbia about L&D 26(R) and gave a tour and briefing for 25 Japanese businessmen.

Ken Koller spoke to International Right-of-Way Association, Edwardsville about the L&D 26(R) project.

Hank Martin spoke about the Cannon flood at a banquet at the University of Missouri-Rolla, "Dam Beach Wave Analysis Using HEC-1 and DAMBRK Computer Programs."

SLD was visited by a group of St. Louis Magnet High School students. Participating in the briefing were Owen Dutt and Terry Norris, Chris Cascone, Mel Doernhoefer, Fred Niermann, Doug Komnick, Gerlyn Gilmore, and John Naeger.

Colonel Dacey conducted a public meeting held in Portage Des Sioux re barge fleeting permit by Kiesel Marine Service, Inc.

The Missouri Women's Press Association visited Cannon Dam during their annual meeting. Clyde Wilkes, Otto Steffens and Dennis Foss gave briefings & tours.

The Permanent International Association of Navigation Conferences (PIANC) members visited St. Louis and went to Locks and Dam 26, Locks No. 27, and L&D 26(R). Members represent the U.S., Belgium, Austria, Canada, Portugal, Holland and Germany.

St. Louis Public Schools held a Career Awareness Fair at Kiel Auditorium. Corps employees who participated and acted as role models were Judy Williams, Lynne Puetz, John Buell, Carol Plambeck, Mike Klosterman and Floyd Wade.

Fifteen geography students from SIU-Carbondale visited SLD to talk about career opportunities with Owen Dutt and Katherine Greer.

A tour of L&D 26(R) was given by Farrell Burnett and Mike Navin for members of the St. Louis Section of the Association of Engineering Geologists.

\* \* \* \* \*

*Most of the time the shortest distance between two points is under construction.*

\* \* \* \* \*

*DON'T BLAME it on the driver's sex; it's carelessness that causes wrecks.*

\* \* \* \* \*

*One woman's definition of retirement: "Twice as much husband on half as much money."*

## HYDAR'S HAPPENINGS

Did you know that a person born in Japan, on the same day and the same year as you is a year older than you. In Japan a child is considered a year old the day he/she is born.

\* \* \* \* \*

Decoration Day is now Memorial Day. Although Memorial Day is now a national holiday, it originated in the South as Decoration Day. During the Civil War period, Southern women decorated the graves, not only of Confederate soldiers, but also of Union soldiers buried on their soil. Memorial Day, now observed on the last Monday in May, is a day to honor all US War dead and hope for peace.

\* \* \* \* \*

Remember: Always read and follow label directions when taking any drug product.

\* \* \* \* \*

Knows (Knowledge) and Nose (Smeller). Both words are pronounced the same but spelled differently.

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## CONGRATULATIONS NORM AND DONNA!

Norm Meyer, of the District Comptroller's Office, and his wife, Donna, are the proud parents of a baby boy! He was born on 23 Apr, named "Daniel Ross," and weighed in at 8 lbs.

Take  
stock  
in America.



**Buy U.S. Savings Bonds**  
**The Campaign for Federal Employees**

## FOREIGN VISITORS

Corps policy regarding foreign visitor access to Corps facilities and information is being revised. The latest guidance from higher headquarters is as follows:

- There are now two separate categories of foreign visitors. These are: First, official visitors representing agencies of a foreign government; secondly, foreign nationals travelling as private citizens for personal or business reasons.
- The first category, official visitors, must be cleared by USACE, through diplomatic channels. Requests for such clearance should be forwarded through the visitor's embassy no less than 30 days prior to the proposed visit. The extent of access to facilities and information will be determined by USACE.
- The second category, tourist visitors who wish to visit a Corps facility, incidental to a visit or tour of the local area, may be cleared at the District level. However, such tourist visits will be limited to one day or less and limited to facilities and information readily accessible to the general public. The point of contact for such visitor clearance is LMSPA.

**The above policy does not apply to foreign nationals from those countries listed in Appendix A to ER 380-1-12. ALL visitors from listed countries must be cleared through diplomatic channels.**

## ARMED FORCES WEEK MAY 10-14, 1982



### NEW CHIEF OF REAL ESTATE DIVISION

The newest member of the St. Louis District TAA is Mr. Woodrow B. "Sandy" Sandlin, Chief of Real Estate Division.

A native of North Carolina, Sandlin served four years with the US Air Force early in his federal career. His prior Corps of Engineers experience includes tours in the Jacksonville and Omaha Districts. More recently, he was located in the Savannah District, serving as Project Manager at the Richard B. Russell Dam and Lake Project.

Sandy terms himself an avid canoeist and sailor. He also enjoys woodworking and recently completed an 18-foot-6-inch cedar canoe.

*Filing cabinet: A place where papers sometimes get lost alphabetically.*

\* \* \* \* \*

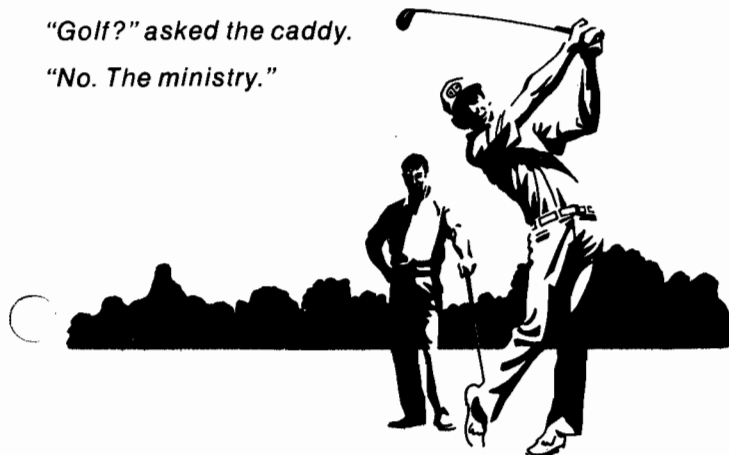
A GOLFER was having a terrible day on the links. When he wasn't slicing, he was hooking.

Finally, on the thirteenth hole, he flubbed a two-footer. That did it. He picked up the ball and threw it as far as he could, broke two clubs over his knee, and sat down on the green, a picture of total frustration.

"I've got to give it up! I've got to give it up!" he said over and over again.

"Golf?" asked the caddy.

"No. The ministry."



## IAS NEWS

The Incentive Awards portion of the Information Bulletin will not be published this month. This decision was made because many award recipient's see their names in the bulletin before the awards are presented. Therefore, the awards will be published (normally) one month after the presentations.

In the future there will be only one photograph taken of each individual presented with an award at the regular Incentive Awards Ceremony. This action is being taken as the result of a cost-effective suggestion submitted during the FY 82 Suggestion Campaign.

A Suggestion Campaign was held during February and March of the 2QTR FY82 with an emphasis on quality suggestions. First-year tangible benefits for QTR FY82 was \$24,300 compared to \$2,071 during 2QTR FY81.

## SPRING GOLF TOURNAMENT RESULTS

A total of 50 golfers competed for prizes at this year's SLED Spring Golf Tournament held 20 April at Tamarack Golf Course. The winners in each flight were:

### AAA Flight (9 hole handicap 0-11.00)

- 1st — Bill Meldrum & Bill O'Herin — 72
- 2nd — Rich Buncie & Lew Scheuermann — 74
- 3rd — Art Johnson & Paul Roberts — 75
- Closest to #3 pin — Fred Bader (11'3")
- Closest to #17 pin — Paul Roberts (21')
- Least Putts — Rich Buncie & Lew Scheuermann — 23

### AA Flight (11.01-14.75 handicap)

- 1st — Gary Dyhouse & Mike Houser — 78
- 2nd — Harold Stemmerman & Paul Olson — 81
- 3rd — Jack Eckles & Dee Sherbine — 83
- Closest to #3 pin — Gary Dyhouse (12'2½")
- Closest to #17 pin — Elmer Huizenga (40'7")
- Least Putts — Lee Lenzner & Walt Snow — 27

### A Flight (14.76 + handicap)

- 1st — Russ Smith & Mike Kruckeberg — 82
- 2nd — Larry White & Everett Pate — 84
- 3rd — Mike Cullen & Dennis Woodruff — 88
- Closest to #3 pin — Paul Nadziejko (19')
- Closest to #17 pin — Larry White (40'5")
- Least Putts — Rob Davinroy & Dennis Gould — 23



## Mother's Day

Who ran to help me when I fell,  
And would some pretty story tell,  
Or kiss the place to make it well?  
My mother.

*My Mother (By Ann Taylor)*

## WEST POINT

The United States Military Academy at West Point is an institution with a proud tradition which dates back to 1802.

**Academic Excellence** — For those highly qualified applicants, West Point offers an outstanding program, combining academic, athletic and military courses. The academic curriculum provides graduates with quality education leading to a Bachelor of Science Degree, and a sound basis for future intellectual and professional growth, and graduate schooling.

**Fully Funded Education** — All West Point cadets receive tuition, room, board, medical care and a monthly salary of \$419.40 for books, uniforms and other expenses.

**Tomorrow's Leaders** — Many of our nation's most honored military leaders, several astronauts, and two presidents — Grant and Eisenhower — have been West Point graduates. And because of the depth and breadth of their education and leadership experience, West Point graduates have gone on to serve this country in high-level civilian leadership positions, as ambassadors, governors, legislators, cabinet members, judges, educators and corporate executives.

Your Army Education Coordinator can give you complete information about West Point admissions opportunities, as well as a number of preparatory programs which could be important to your students. Or, if you wish, you may write directly to: Director of Admissions, USMA, West Point, NY 10996.



## SPOTLIGHT ON THE LIBRARY

### MT. ST. HELENS

This month we observe the second anniversary of the eruption of Mt. St. Helens on the 18th. This year again we will repeat the pictorial display we showed last year, complete with some authentic ash.



May 9-15 marks the tenth annual National Historic Preservation Week. "Historic Preservation: Reinvesting in America's Past" is the theme for this year's observance. Preservation Week is a time to focus public attention on the accomplishments of preservation organizations and to highlight outstanding local efforts. The theme this year reflects a major triumph in educating Congress about the social, energy, economic, and urban design benefits of preservation.

### NEW BOOKS

We have recently received the ST. LOUIS COUNTY FACT BOOK — 1982, published by the County Planning Dept. Some interesting facts from the book follow. The county came into existence by a proclamation of Gov. William Clark on Oct 1, 1812. In 1876 the City of St. Louis voted to separate itself from the county. Today, the county covers an area of 499 sq. miles and with a 1980 population of 973,896, it is the twenty-sixth largest county in the U.S. The St. Louis SMSA is the twelfth largest in the nation. One-third of the land area of St. Louis County is taken by 90 self-governing municipalities, containing two-thirds of the county population. The remaining unincorporated area comes under the direct jurisdiction of county government.

The book is divided into Chapters dealing with population, business, employment, housing, environment, transportation, utilities, education, parks, community services, government, municipalities, political jurisdictions, and resources.



# DYNAMICS OF ALCOHOL RELAPSE

Continued from last month)

**Editor's Note:** The following article, furnished as part of the District's Alcohol and Drug Abuse Program, points out a tragic syndrome which affects **some** alcoholics. Readers should bear in mind that such a development will not necessarily, or even probably, affect any particular individual.

## BEHAVIORAL SET UPS FOR ALCOHOLISM RELAPSE

There are a variety of behavioral patterns or "setups" which make a return to drinking a viable alternative in spite of the known consequences.

These setups are habitual patterns developed during the active drinking periods of alcoholism that carry over into sobriety.

A chart showing the Relapse Dynamic follows:



OVERWHELMING LONELINESS AND TENSION START OF CONTROLLED  
SOCIAL DRINKING LOSS OF CONTROL RELAPSE OF ALCOHOLISM



## REPORTING ON-THE-JOB INJURIES

The Personnel Office has had several cases lately where injury reports were not timely filed and continuation of pay for on-the-job injuries was denied by Department of Labor. It is the responsibility of the employee to file report of injury to the supervisors. DR 690-1-810 specifies that the notice will be given **within 2 working days** following the injury. Failure to file on time will deny the employee the right to continuation of pay.

## SHORT CUTS

The book, *Amazing Facts About Your Body*, by Giles Brandreth, says that you are more likely to catch a cold by holding a person's hand than by kissing that person.



Figures from the 1981 edition of the National Safety Council's *Accident Facts* show that the trunk area is the part of the body most frequently injured in work accidents. The toes are the least injured.

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\* \* \* \* \* *Spring brings us the birds, the green grass, spring fever — and mud on the rugs.* \* \* \* \* \*

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## NEWS FROM ADP

The new District computer (Harris 500 System) was installed in the ADP Center during the week of 29 March. From that time until about 18 May, it will be undergoing a series of shakedown and acceptance tests.

### COMPONENTS OF THE SYSTEM

- H500 Computer, 950,000 characters of memory storage.
- (2) Printers, prints 1000 lines per minute/750 LPM.
- Card Reader, reads punched cards at 600 CPM.
- Card Punch, punches cards at 35 CPM.
- (3) Tape Drives, computer access device for data stored on magnetic tapes.
- (3) Disk Drives, fast computer access device for data stored on disk packs. On-line capability of the 3-units is 460,000,000 characters.
- Telecommunications —
  - (9) Direct Ports, terminals are wired directly to the computer for applications such as graphics and programming.
  - (9) Diable Ports, terminals access the computer by telephone, can accommodate more than nine Users but only nine at one time.
  - (2) Remote Job Entry Ports, fast access to or from the computer in the batch mode.

### GENERAL CAPABILITIES

- The Harris is generally described as a super-mini, but that is misleading since it can outperform many of the large computers of just a few years back.
- It is also classified as a general purpose computer, meaning that it is adept at processing both business and scientific and engineering programs, and that it has the following additional capabilities —
  - **Interactive Processing.** Individual user access to the H500 from a remote ADP terminal to carry on a User directed conversation with the machine to satisfy a computer processing requirement.
  - **Batch Processing.** Computer acts on data using programs without people interference once started. Batch jobs may be initiated from an interactive session or from the Card Reader and other devices in the ADP Center.
  - **Remote Job Entry.** Access to remote computers for submission of outgoing batch jobs or retrieval requests resulting in incoming data for further processing, i.e., lists, cards, files to tape, disk, and etc.
  - **Programming Languages.** COBOL and FORTRAN 77.

### OTHER

- The system is capable of handling from 50-70 percent of the present processing workload.
- Some 10 ADP systems are presently being converted from other computer centers to the H500.
- Additional systems for the H500 are being considered by the IRM Committee.
- Training will be provided to Users of the H500 on an affected system implementation basis.



## EEO CORNERSTONE

### WOMENS RESOURCE CENTER

#### Career and Personal Counseling

A professional career counselor is on hand by appointment only to assist persons on a one-to-one basis entering or re-entering the job market or making a change in careers. The program offers accredited testing materials. The first visit is \$8.00 for YWCA members, \$10.00 for non-members. Additional visits are \$5.00. Call Mary Schnure, career counselor, at 725-7203 to set up appointment. This service is for men and women of all ages.

## EEO WORDS OF WISDOM

The future is purchased by the present.

You cannot manage the past.

The challenge of change is the change in the challenge.

"The Central Race in the World today is (not) an Arms Race. It is the Race between Man and Challenge." *Richard Nixon*

A lot of trouble is caused by a loud voice and a narrow mind.

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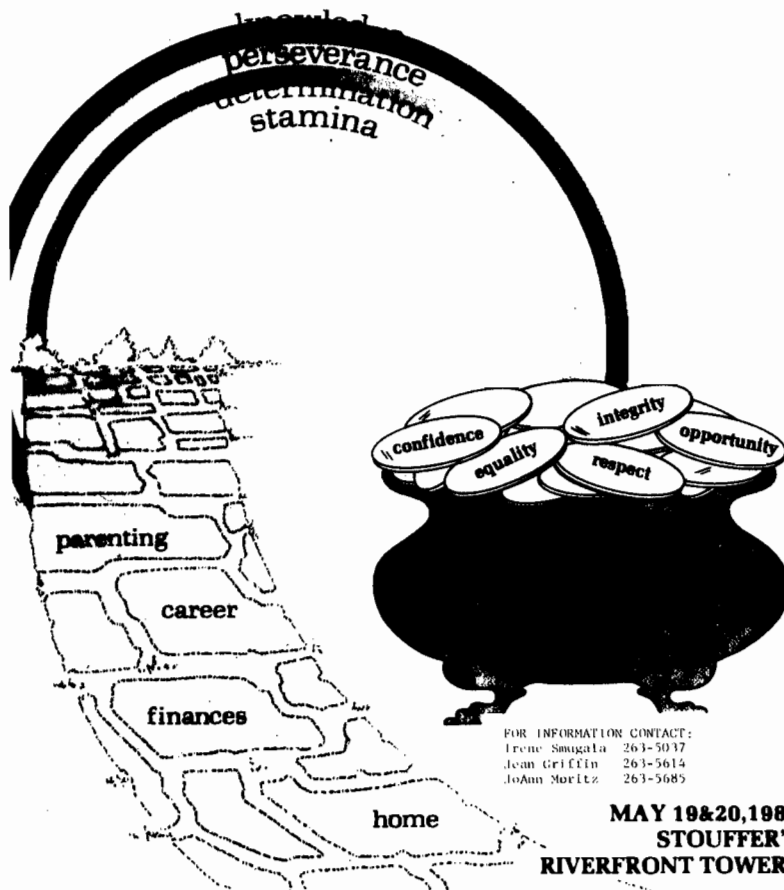
*THE BEST WAY to get real enjoyment out of a garden is to put on a wide straw hat, dress in thin, loose-fitting clothes, hold a little trowel in one hand, a cool drink in the other — and tell the man where to dig.*

## REMINDER TO RETIREES

The monthly retirees luncheon meeting is still the third Thursday of every month. Why not renew old acquaintances and join in this friendly social hour at Pietro's Restaurant, 3801 Watson. And bring your spouse.

## FOLLOW YOUR RAINBOW

### 8th ANNUAL TRAINING SEMINAR



## ON-THE-JOB EXERCISE

Exercise helps you reduce tension, feel better, and work at maximum efficiency. But not everyone has the time or inclination to work out on a regular basis. Here are a few "little" exercises you can perform on the job without interrupting your routine that can be almost as beneficial as a trip to the gym.

- In your office building — or anyone else's — get off the elevator a floor before your destination, walk up the last flight.
- Use odd moments during the day to do a few semi-push-ups: lean on your desk at a 45-degree angle, then push yourself up straight. Or try several deep knee bends.
- Set aside part of your lunch hour for a walk. Even 10 minutes so spent can help work off "tension build-up."
- Don't take the elevator down at the end of your day. Use the stairs.

# healthstyle a self-test

All of us want good health. But many of us do not know how to be as healthy as possible. Health experts now describe *lifestyle* as one of the most important factors affecting health. In fact, it is estimated that as many as seven of the ten leading causes of death could be reduced through common-sense changes in lifestyle. That's what this brief test, developed by

the Public Health Service, is all about. Its purpose is simply to tell you how well you are doing to stay healthy. The behaviors covered in the test are recommended for most Americans. Some of them may not apply to persons with certain chronic diseases or handicaps, or to pregnant women. Such persons may require special instructions from their physicians.

## Cigarette Smoking

If you never smoke, enter a score of 10 for this section and go to the next section on *Alcohol and Drugs*.

- |  | Always | Sometimes | Almost Never |
|--|--------|-----------|--------------|
| 1. I avoid smoking cigarettes.   | 2      | 1         | 0            |
| 2. I smoke only low tar and nicotine cigarettes or I smoke a pipe or cigars. | 2      | 1         | 0            |

Smoking Score: \_\_\_\_\_

## Alcohol and Drugs

- |  |   |   |   |
|--|---|---|---|
| 1. I avoid drinking alcoholic beverages or I drink no more than 1 or 2 drinks a day.   | 4 | 1 | 0 |
| 2. I avoid using alcohol or other drugs (especially illegal drugs) as a way of handling stressful situations or the problems in my life.               | 2 | 1 | 0 |
| 3. I am careful not to drink alcohol when taking certain medicines (for example, medicine for sleeping, pain, colds, and allergies), or when pregnant. | 2 | 1 | 0 |
| 4. I read and follow the label directions when using prescribed and over-the-counter drugs.  | 2 | 1 | 0 |

Alcohol and Drugs Score: \_\_\_\_\_

## Eating Habits

- |  |   |   |   |
|--|---|---|---|
| 1. I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds. | 4 | 1 | 0 |
| 2. I limit the amount of fat, saturated fat, and cholesterol I eat (including fat on meats, eggs, butter, cream, shortenings, and organ meats such as liver).            | 2 | 1 | 0 |
| 3. I limit the amount of salt I eat by cooking with only small amounts, not adding salt at the table, and avoiding salty snacks.   | 2 | 1 | 0 |
| 4. I avoid eating too much sugar (especially frequent snacks of sticky candy or soft drinks).  | 2 | 1 | 0 |

Eating Habits Score: \_\_\_\_\_

## Exercise/Fitness

- |  | Always | Sometimes | Almost Never |
|--|--------|-----------|--------------|
| 1. I maintain a desired weight, avoiding overweight and underweight.   | 3      | 1         | 0            |
| 2. I do vigorous exercises for 15-30 minutes at least 3 times a week (examples include running, swimming, brisk walking).  | 3      | 1         | 0            |
| 3. I do exercises that enhance my muscle tone for 15-30 minutes at least 3 times a week (examples include yoga and calisthenics).  | 2      | 1         | 0            |
| 4. I use part of my leisure time participating in individual, family, or team activities that increase my level of fitness (such as gardening, bowling, golf, and baseball). | 2      | 1         | 0            |

Exercise/Fitness Score: \_\_\_\_\_

## Stress Control

- |   |   |   |   |
|---|---|---|---|
| 1. I have a job or do other work that I enjoy.  | 2 | 1 | 0 |
| 2. I find it easy to relax and express my feelings freely.  | 2 | 1 | 0 |
| 3. I recognize early, and prepare for, events or situations likely to be stressful for me.                                | 2 | 1 | 0 |
| 4. I have close friends, relatives, or others whom I can talk to about personal matters and call on for help when needed. | 2 | 1 | 0 |
| 5. I participate in group activities (such as church and community organizations) or hobbies that I enjoy.                | 2 | 1 | 0 |

Stress Control Score: \_\_\_\_\_

## Safety

- |  |   |   |   |
|--|---|---|---|
| 1. I wear a seat belt while riding in a car.   | 2 | 1 | 0 |
| 2. I avoid driving while under the influence of alcohol and other drugs.   | 2 | 1 | 0 |
| 3. I obey traffic rules and the speed limit when driving.  | 2 | 1 | 0 |
| 4. I am careful when using potentially harmful products or substances (such as household cleaners, poisons, and electrical devices). | 2 | 1 | 0 |
| 5. I avoid smoking in bed.   | 2 | 1 | 0 |

Safety Score: \_\_\_\_\_

## What Your Scores Mean to YOU.

### Scores of 9 and 10

Excellent! Your answers show that you are aware of the importance of this area to your health. More important, you are putting your knowledge to work for you by practicing good health habits. As long as you continue to do so, this area should not pose a serious health risk. It's likely that you are setting an example for your family and friends to follow. Since you got a very high test score on this part of the test, you may want to consider other areas where your scores indicate room for improvement.

### Scores of 6 to 8

Your health practices in this area are good, but there is room for improvement. Look again at the items you answered with a "Sometimes" or "Almost Never!" What changes can you make to improve your score? Even a small change can often help you achieve better health.

### Scores of 3 to 5

Your health risks are showing! Would you like more information about the risks you are facing and about why it is important for you to change these behaviors. Perhaps you need help in deciding how to successfully make the changes you desire. In either case, help is available.

### Scores of 0 to 2

Obviously, you were concerned enough about your health to take the test, but your answers show that you may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. You can easily get the information and help you need to improve, if you wish. The next step is up to you.

## YOU Can Start Right Now!

In the test you just completed were numerous suggestions to help you reduce your risk of disease and premature death. Here are some of the most significant:



**Avoid cigarettes.** Cigarette smoking is the single most important preventable cause of illness and early death. It is especially risky for pregnant women and their unborn babies. Persons who stop smoking reduce their risk of getting heart disease and cancer. So if you're a cigarette smoker, think twice about lighting that next cigarette. If you choose to continue smoking, try decreasing the number of cigarettes you smoke and switching to a low tar and nicotine brand.



**Follow sensible drinking habits.** Alcohol produces changes in mood and behavior. Most people who drink are able to control their intake of alcohol and to avoid undesired, and often harmful, effects. Heavy, regular use of alcohol can lead to cirrhosis of the liver, a leading cause of death. Also, statistics clearly show that mixing drinking and driving is often the cause of fatal or crippling accidents. So if you drink, do it wisely and in moderation. **Use care in taking drugs.** Today's greater use of drugs—both legal and illegal—is one of our most serious health risks. Even some drugs prescribed by your doctor can be dangerous if taken when drinking alcohol or before driving. Excessive or continued use of tranquilizers (or

"pep pills") can cause physical and mental problems. Using or experimenting with illicit drugs such as marijuana, heroin, cocaine, and PCP may lead to a number of damaging effects or even death.



**Eat sensibly.** Overweight individuals are at greater risk for diabetes, gall bladder disease, and high blood pressure. So it makes good sense to maintain proper weight. But good eating habits also mean holding down the amount of fat (especially saturated fat), cholesterol, sugar and salt in your diet. If you must snack, try nibbling on fresh fruits and vegetables. You'll feel better—and look better, too.



**Exercise regularly.** Almost everyone can benefit from exercise—and there's some form of exercise almost everyone can do. (If you have any doubt, check first with your doctor.) Usually, as little as 15-30 minutes of vigorous exercise three times a week will help you have a healthier heart, eliminate excess weight, tone up sagging muscles, and sleep better. Think how much difference all these improvements could make in the way you feel!



**Learn to handle stress.** Stress is a normal part of living; everyone faces it to some degree. The causes of stress can be good or bad, desirable or undesirable (such as a promotion on the job or the loss of a spouse). Properly handled, stress need not be a problem. But unhealthy responses to stress—such as driving too fast or erratically, drinking too much, or prolonged anger or grief—can cause a variety of physical and mental problems. Even on a very busy day, find a few minutes to slow down and relax. Talking over a problem with someone you trust can often help you find a satisfactory solution. Learn to distinguish between things that are "worth fighting about" and things that are less important.



**Be safety conscious.** Think "safety first" at home, at work, at school, at play, and on the highway. Buckle seat belts and obey traffic rules. Keep poisons and weapons out of the reach of children, and keep emergency numbers by your telephone. When the unexpected happens, you'll be prepared.

## Where Do You Go From Here:

Start by asking yourself a few frank questions: *Am I really doing all I can to be as healthy as possible? What steps can I take to feel better? Am I willing to begin now?* If you scored low in one or more sections of the test, decide what changes you want to make for improvement. You might pick that aspect of your lifestyle where you feel you have the best chance for success and tackle that one first. Once you have improved your score there, go on to other areas.

If you already have tried to change your health habits (to stop smoking or exercise regularly, for example), don't be discouraged if you haven't yet succeeded. The difficulty you have encountered may be due to influences you've never really thought about—such as advertising—or to a lack

of support and encouragement. Understanding these influences is an important step toward changing the way they affect you.

**There's Help Available.** In addition to personal actions you can take on your own, there are community programs and groups (such as the YMCA or the local chapter of the American Heart Association) that can assist you and your family to make the changes you want to make. If you want to know more about these groups or about health risks, contact your local health department or mail in the coupon on the right. There's a lot you can do to stay healthy or to improve your health—and there are organizations that can help you. Start a new HEALTHSTYLE today!

For more information, place a check ☒ beside the topic(s) of interest to you.

- ☐ Smoking ☐ Nutrition ☐ Safety  
☐ Alcohol ☐ Exercise  
☐ Drugs ☐ Stress

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Clip this portion and send to:  
 National Health Information Clearinghouse  
 P.O. Box 1133  
 Washington, D.C. 20013

## SECURITY

**OVERSEAS TRAVEL.** Any person traveling OCONUS, is subject to possible contact by a foreign agent. Contact is not limited to West Germany, which has more foreign agents at work than any other place in the world. AR 1-40, requires that all U.S. personnel traveling OCONUS, receive a security briefing before departure. The Security Office has prepared a new orientation handout, a copy of which will be given to each person traveling OCONUS, by the District Travel Clerk, when plane tickets are picked up. In addition the traveler must report to the Security Office and sign a certificate that AR 381-12 has been read. Remember information doesn't always have to be classified to be important.

**ENG FORM 3544, PERSONAL SECURITY STATEMENT.** Each person granted a security clearance is required to sign and date ENG Form 3544, after reading the required listed regulations. Thereafter this becomes an annual requirement. Once you sign the statement you attest that you have read the listed regulations. If the regulations are not available within your office, visit the Security Office and pick them up.

**OPERATION SECURITY (Short Title, OPSEC).** AR 530-1, is the regulation governing OPSEC, and is required reading for all personnel in the District on an annual basis.

OPSEC consists of four main categories of security measures. All are interrelated; each must be considered simultaneously for each operation. The four categories are:

a. **Deception.** Deception is used to mislead the enemy about our intended operations. Varying procedures is one method. Decoy is another example.

b. **Physical Security.** Within the District this would mean strengthening existing physical security measures (patrols, guards, security lighting, fencing and locks). These means deny or limit the enemy access to facilities, areas, equipment, material, documents, and personnel.

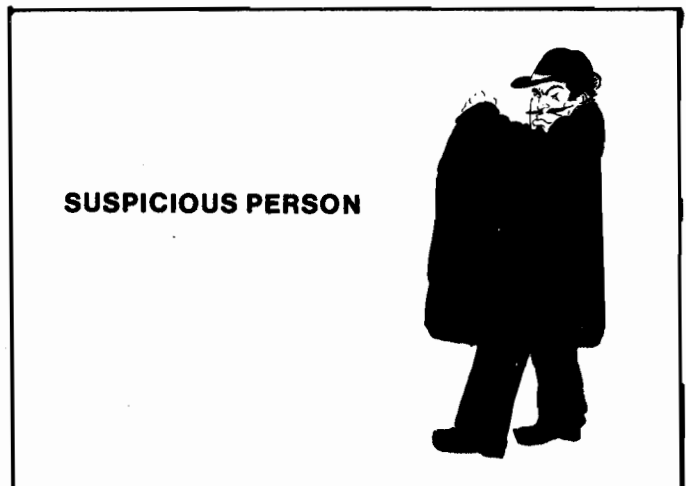
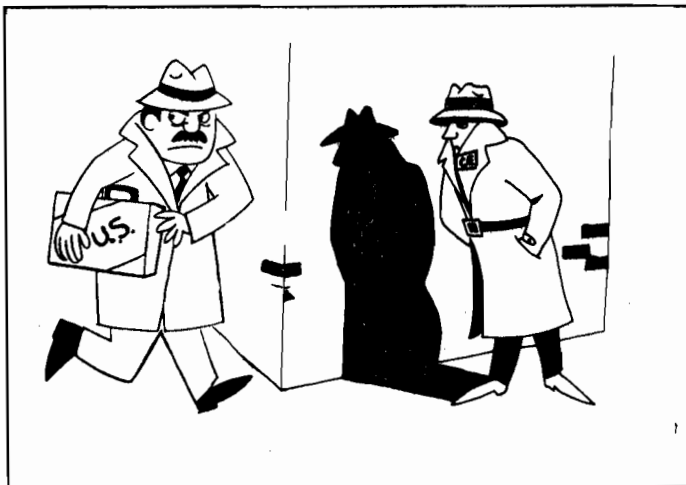
c. **Signal Security.** Signal security protects operational information by practicing communications security (COMSEC) techniques. COMSEC includes communications codes, secure voice equipment, radio silence and proper positioning of radar and antennas. The important thing to remember is that the telephone is one of the weakest links in our security system.

d. **Information Security.** Information security prevents disclosures of operation information through written, verbal or graphic communications. Restrictions are placed on personnel, and the release of operational information and documents to safeguard against unintentional release of data important to the enemy. Other aspects of Information Security are:

- (1) Briefing all personnel on Subversion and Espionage Directed against the United States Army (SAEDA).
- (2) Limiting operational information to persons with a "need to know."
- (3) Preparing all classified material for destruction.

The enemy will use a variety of means to learn all that can be learned about your actions. The enemy will commit extensive resources to gather information on your capabilities and intentions. The less found out the better.

- In the event of mobilization, the District can be expected to revert to mostly military type construction which would be vital to our national defense. To be prepared, the time to practice OPSEC is NOW.





**CRIME PREVENTION.** With the advent of warmer weather and school vacation we can expect an increased flow of personnel in the building. Some will be looking for something to steal. The point is don't create an opportunity. Here are a few pointers:

- a. When using a conference room, utilizing Government equipment, don't leave the conference room unlocked during the mid day lunch break. When the conference is over remove all Government property and take it back where you got it.
- b. When you leave for lunch and you are the last person out, lock the door.
- c. At the COB, ensure that all small pilferable Government property is secure.
- d. At the COB, if you are the last to leave, lock the door.
- e. Don't leave a purse in an unlocked desk or cabinet and leave.
- f. Don't leave your paycheck in an unlocked desk, cabinet or inside pocket of a suit coat.
- g. Don't leave keys to other desks or cabinets in an unlocked desk.
- h. Personal property such as radios, pen sets, etc., should be secured when you leave for the day.

**EXIT INTERVIEW CHECKLIST, LMS FORM NO. 311.** All supervisors are reminded to stock LMS Form 311 for issue to each employee, permanent or temporary, who transfer or terminate. All employees must clear with the Security Office for return of Civilian ID Card, DA Form 1602. Procedures for personnel at field elements remain as previously stated.

**SECURITY CLEARANCES.** All requests for security clearances must be accompanied by a copy of the applicant's birth certificate which will be returned after review.

**SUSPICIOUS PERSONS.** The main point in reporting a suspicious person to the Guard Desk in the lobby of the building is a good description of the suspect. Start out with type of clothing worn, approximate age and height, complexion and any other special features noted. Last, but not the least, give the sex of the person. There have been calls to the Guard Desk where the caller has hung up without giving the sex of the suspect. Also don't forget the location. Under no circumstances should you try and apprehend a subject or get into an elevator alone with one. Observation should be from a safe distance. The telephone number of the Guard Desk is Ext. 5983. After calling the Guard Desk, call the Security Office.

**OPSEC.** Now that you have finished reading all the security information listed, let's list just a couple more things about OPSEC. How will the enemy attempt to learn about our plans and capabilities? Here are two examples. **HUMAN INTELLIGENCE**, which is using people to gather information; in other words talking too much. The other is **SIGNAL INTELLIGENCE**, which is using devices to intercept our telecommunications and other electronic signal emitters. The telephone may be our weakest link in our entire security system. Practice signal security and deny intelligence to the enemy.

A minister's new secretary, who had formerly worked in the Pentagon, set about reorganizing the minister's filing system. She labeled one drawer "sacred" and the other "top sacred."

Just a thought . . . If you had your head where you have your bumper would you ever have an accident?

## FOR SALE

1977 PONTIAC SUNBIRD HATCHBACK — 4-cylinder, Power Steering, Air Conditioning, AM/FM Stereo, 46,xxx Miles. Excellent Condition — \$2950.00. Mark Schneider, 263-5047, Room 1064.



## **ACCIDENT SUMMARY**

**APRIL 1982**

### **VEHICLE ACCIDENTS FOR APRIL 1982: None**

Total vehicle accidents for CY 1982: One

A government employee assigned to Operations Division was involved in a motor vehicle accident at 7th and Chouteau. The driver of a POV made a left turn into the path of the oncoming government vehicle. The government driver could not stop in time to avoid the accident. Damage \$1,400.

Total vehicle accidents for CY 1981: One

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### **PERSONAL INJURIES — CONTRACTOR EMPLOYEES — APRIL 1982: None**

Total accidents for CY 1982: One

Total accidents for CY 1981: Four

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### **PERSONAL INJURIES — GOVERNMENT EMPLOYEES — APRIL 1982: One**

Total accidents for CY 1982: One

A government employee assigned to Operations Division was injured when a rock rolled on his foot while walking on riprap creek bank. Due to the employee having diabetes the foot became infected resulting in a lost time injury.

Total accidents for CY 1981: Nineteen

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### **LAKE FATALITIES FOR APRIL 1982: None**

Total lake fatalities for CY 1982: None

Total lake fatalities for CY 1981: Six

Carlyle Lake — 4  
Lake Shelbyville — 1  
Rend Lake — 1

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**Congratulations** are in order for Fred Powell, District Safety Officer. Fred was named the Lower Mississippi Valley Division's "Most effective safety manager" for his safety program here in the St. Louis District.

